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www.yourregenesisc.com

Renewed Health Coaching

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Your Regenesisc Newsletter—Change made easy.

March, 2021 Vol. 1 Issue 3

The Benefits of Allowing the Body to Recalibrate

In this issue:

- The Benefits of Allowing the Body to Recalibrate
- Reset Cleanse Opportunity
- The Power of Spring Greens
- Raw Cilantro Power Soup

Our bodies are amazing for being able to repair and regenerate itself. We live in an era where we readily have access to highly nutritious super foods. However, we are also subject to commercial food industries 24/7 bombardment of images of scientifically engineered foods to ensure maximum pleasure and a constant supply of calories but sadly lack nutrition.

These processed foods rely heavily on targeting our pleasure taste centres of sugar, oil, and salt. These release pleasure neurotransmitters and hormones in our body and increase cravings for these foods. Most of these foods when broken down by our body returns to its

pure form of simple sugar and is stored as fat. Fat cells that are constantly working storing simple sugar due to constant caloric intake, release an immune response causing low-grade inflammation. This low-grade inflammation diverts the body's repair and regenerative abilities to dealing with inflammation.

Our body's biology has evolved based on periods of minimal to no nutritional intake. When we deliberately eat non processed foods, smaller portions or go for longer periods of time between meals— our bodies are able to repair and regenerate tissue. This is why longevity and good health is associated with lower caloric intake.

During the pandemic many people find themselves eating more from stress and boredom, have reduced physical movement, increased alcohol and drug use. If you are craving sweet, salty and starchy foods and other substances or have been consuming lots of calories during the pandemic you will benefit from the **Reset Cleanse Program**.

The Reset Cleanse Program is a comprehensive program focused on a clean diet and support. It is spread out over three weeks. The first week focusses on getting ready and setting yourself up for success. The second week focusses on a simple eating diet plan and toxin elimination strategies. The third week you will slowly reintroduces foods that may

be causing food sensitivities. At the end of this supportive program, you will have shed weight, boosted energy, decrease cravings, excreted toxins, decreased digestive issues, decreased congestion from allergens, discovered food sensitivities, refocused your energy on health habits that enliven you and have a plan for going forward.

During the month of March, the Reset Cleanse Program is being offered at considerable discount. Connect with Romy to find out more about the program. The **General Support Reset Cleanse Package** begins March 21st – April 10th.

Is it Time for a Reset?

- Weight Gain
- Headaches
- Fatigue
- Mood Swings
- Digestive Issues
- Bloating
- Sugar, Starch, Alcohol Cravings?

Reset Program

General Support Package ~~\$800~~ **\$300 (March only)**
Personalized Package ~~\$650~~ **\$500 (March only)**

Reset Program Provides:

- ✓ Food Sensitivity Identification
- ✓ Boosts Energy
- ✓ Decreases Cravings
- ✓ Removes Toxins
- ✓ Decreases Congestion and Allergic Reactions
- ✓ Sheds Weight
- ✓ Creates Healthy Habits.



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The magic in new beginnings is truly the most powerful of them all. Josiyah Martin



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The Power of Spring Greens

Spring is my favourite season! In summer I start my spring vegetables in my garden boxes towards the end of July or August. I save the seeds from last years crop. Dry them outdoors in a breezy area and then break the seeds out into paper bags. I then scatter them into the newly prepared beds. Within a few weeks new sprouts that survive the slugs start to get established before the fall and winter. If I am lucky I can get a few harvests in before the shady cold weather sets in.

As winter begins to fade and new shoots start to emerge on the Indian Plum, Huckle Berry, and Flowering Red Current, I start to get anxious for the new growth of my spring greens. I grow what does well without a lot of fuss in my zone 7 garden beds that stay mainly in the shade due to the large trees that surround the yard. The veg-

etables that grow well are turnips, field peas, parsley, beets, wild arugula, perennial watercress, green kale, collards, French dandelions, and an Italian celery does really well too.

The great thing about these types of veggies is that they grow well in pots if you are in a tiny space. I don't grow the root vegetables for their roots! I just grow them for their greens. I keep snipping them off and they constantly regrow until they are ready to flower. I harvest the new fresh leaves when they are young. I eat them in salads or as toppers on other meals. Their spiciness and bitter flavours are exciting on my tongue after months of bland greens from the store—even organic! Nothing beats the potency of eating something fresh from the earth that the rain and sun have kissed!



Spring greens are full of vitamin K, C, A, calcium, magnesium, lutein, iron, folate, quercetin, sulforaphane and indoles. These literally clean house in all of your organs (brain, liver, kidneys, colon, heart, gallbladder) and boost the immune system and your bodies ability to regenerate. **A tasty alternative to the **Raw Cilantro Power Soup** is to substitute 2 c. of fresh spring greens instead of the cilantro (or add one cup of each). This will definitely boost the taste and potency of this power soup!

Our bodies tell us the truth of life that our minds can deny: that we are in any moment as much about softness as fortitude. Always in need of care and tenderness. Life is fluid, evanescent, evolving in every cell, in every breath. Krista Tippett

Raw Cilantro Power Soup

This is a powerhouse soup to help you in detoxing.

Ingredients:

- 2 small bunches cilantro
- 1 clove garlic
- Juice of 1/2 lemon
- 1 cup walnuts or pumpkin seeds
- 2 Tbsp garbanzo miso
- 1 Tbsp flax oil OR half an avocado
- Water, enough to properly blend all ingredients in a blender (about 2-3 cups)
- Optional: add scallions, chopped avocado or cherry tomatoes as garnish.

Instructions:

Put all ingredients in a blender. Add 2 cups of water, blend, adding water as you go to blend smoothly. The avocado will create a creamier texture. Garnish and eat immediately.

